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October 30, 1998

Office of Special Nutritionals  
HFS-450 Center for Food Safety and Applied Nutrition  
U.S. Food and Drug Administration  
200 C St.SW  
Washington DC 20204

Statement of Nutritional Support- **VITAMIN E PLUS**  
Pursuant to 21 CFR Part 101.93, American Specialty Health & Wellness (ASHW) files the following Statement of Nutritional Support for the Dietary Supplement marketed as: **VITAMIN E PLUS**

1) Name and Address of Distributor: ASHW 8989 Rio San Diego Dr.  
Ste. 250, San Diego CA 92108

2) Text of Nutritional Support Statement being Made:  
"Vitamin E is a fat soluble vitamin that is a powerful antioxidant. Antioxidants protect tissue cells from damage caused by toxic chemicals, radiation and overexposure to the sun. Vitamin E is important in the body's cardiovascular, immune, and endocrine system and the healing of wounds. Vitamin E works closely with zinc and other antioxidants to strengthen many functions of the body, including immunity."

3) Name of dietary ingredient(s): See Attached Product Label

4) Brand Name: **VITAMIN E PLUS**

5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Vice President.

Yours truly,

A handwritten signature in cursive script, appearing to read "Doug Metz".

Dr. Doug Metz  
Vice President

*Also see docket 97S-0163*

*62292*

*LET 2512*

# Vitamin E Plus

**Description:** Vitamin E is a fat-soluble vitamin that is a powerful antioxidant. Antioxidants protect tissue cells from damage caused by toxic chemicals, radiation and overexposure to the sun. Vitamin E is important in the body's cardiovascular, immune, and endocrine system and the healing of wounds. Vitamin E works closely with zinc and other antioxidants to strengthen many functions of the body, including immunity. Vitamin E Plus also contains the mineral selenium.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

**Directions For Use:** Take 1 capsule per day.

**Storage:** Keep tightly closed in a cool, dry place.

**Caution/Warning:** As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician. Mega-dose intake of Vitamin E is reported to induce blurred vision and headache.

**Note:** This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician.

DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™  
PO BOX 505040, SAN DIEGO, CA 92150-9040

## VITAMIN E PLUS DIETARY SUPPLEMENT

90 CAPSULES

*Premium Products for Your Health & Wellness™*

### Supplement Facts

Serving Size: 1 Capsule – Servings Per Container: 90

	Amount Per Serving	% Daily Value
Vitamin E (as d-alpha tocopheryl succinate)	400 IU	1,333%
Selenium (L-selenomethionine)	140mcg	200%

Other Ingredients: Gelatin, cellulose, calcium phosphate hydrous, stearic acid, magnesium stearate and silicon dioxide. Vitamin E Plus is free of wheat, corn, dairy, sucrose, starch, salt and yeast.